

# Kentucky Department of Education

## Course Standards for 2019-20 and Beyond

Course Code: 703081

Course Name: K-3 Primary Health Education

Grade level: 2

Upon course completion students should be able to:



### Standards

#### Standard 1

Students will comprehend content related to health promotion and disease prevention to enhance health.

- 2.1.1. Describe how to use medicine correctly
- 2.1.2. Explain what it means to be healthy and how healthy eating and sleeping patterns help the body grow and develop.
- 2.1.3. Identify the benefits of healthy peer and family relationships.
- 2.1.4. Identify safety hazards in the home and the community.
- 2.1.5. Explain why it is harmful to tease or bully others based on personal characteristics.
- 2.1.6. Identify short and long-term physical effects of being exposed to tobacco smoke.
- 2.1.7. Explain why inappropriate touches should be reported to a trusted adult.

#### Standard 2

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- 2.2.1. Identify and explain how community opportunities can influence personal health decisions and behaviors.

#### Standard 3

Access valid information, products and services to enhance health.

- 2.3.1. Demonstrate how to locate school, home or community health care helpers to enhance health.
- 2.3.2. Identify trusted adults within the community that provide personal health services.

#### Standard 4

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 2.4.1. Demonstrate effective listening and verbal communication skills.
- 2.4.2. Demonstrate healthy ways to effectively communicate needs, wants and feelings.
- 2.4.3. Demonstrate appropriate ways to respond to an unwanted, threatening or dangerous situations.
- 2.4.4. Identify a trusted adult to ask for help in an unhealthy situation.
- 2.4.5. Demonstrate how to communicate care and concern for others.

#### Standard 5

Use decision-making skills to enhance healthy behaviors.

- 2.5.1. Explain the potential outcomes of personal health decisions.
- 2.5.2. Explain the difference between when a health-related decision can be made individually and when assistance is needed.
- 2.5.3. Identify how family, peers and media impact health-related decision making.

#### Standard 6

Use goal-setting skills to enhance healthy behaviors.

- 2.6.1. Set goals for positive physical, mental and emotional health.
- 2.6.2. Analyze steps needed to reach a health-related goal.
- 2.6.3. Describe people who can support the achievement of health-related goals.

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## Standards

### Standard 7

Practice health-enhancing behaviors and avoid or reduce health risks.

- 2.7.1. Describe personal responsibility in making healthy life decisions.
- 2.7.2. Describe behaviors that can cause harm to personal wellness.
- 2.7.3. Describe positive health behaviors regarding personal wellness, physical activity and safety.

### Standard 8

Advocate for personal, family and community health.

- 2.8.1. Demonstrate how to encourage peers to make healthy behavior choices.
- 2.8.2. Make a request of others to advocate to improve their personal health.